Vancouver metro

THURSDAY, OCTOBER 13, 2016

Gord Downie
EXCLUSIVE
Gord Downie and Peter Mansbridge talk about life, The Tragically Hip, music and Gord's latest project, Secret Path.
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metroLIFE

Your essential daily news | THURSDAY, OCTOBER 13, 2016 High 12°C/Low 11°C Rain

BEST CITY TO BE A WOMAN

(It's not Vancouver)

metroNEWS

Iglika Ivanova, a senior economist at the Canadian Centre for Policy Alternatives in Vancouver on Wednesday. The organization released a report that ranks the best and worst cities in Canada to be a woman. JENNIFER GAUTHIER/METRO

Tragedy prompts call for education on wild mushroom

FATALITY

Doctor goes public with family's plea after boy, 3, dies

A three-year-old boy who had been picking wild mushrooms with his family in Victoria has died after eating a poisonous mushroom, the local health authority said Wednesday.

Dr. Richard Stanwick, Island Health's chief medical health officer, said the boy's death would be the first recorded in the province from a B.C. death cap mushroom, if it is confirmed.

Mycological examination of the mushrooms collected at the same site suggests that the boy probably ate the Amanita phalloides, or death cap mushroom, an authority news release said.

Tests are ongoing to confirm the presence of specific toxins in his system.

"This tragedy reinforces how important it is for recreational mushroom hunters to know the difference between a poisonous and non-poisonous mushroom," said Stanwick. "To the untrained eye, it's easy to mistake a toxic mushroom for an edible one."

Stanwick said those who aren't sure should leave mushrooms in the ground.

The boy died Tuesday night, days after he was transferred to a hospital in Edmonton for treatment.

The health authority has gone public with the family's plea to improve public education about the risks and possible signage appropriate to locations where death caps are found.

Stanwick said he and a mycologist, an expert on fungi, went to the site where the mushrooms were picked and dug up whatever specimens they could find so no one else could eat them.

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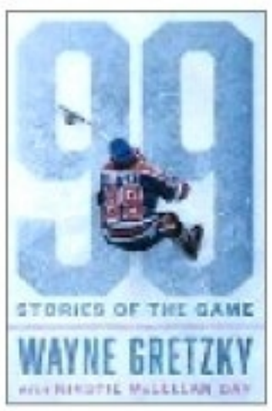

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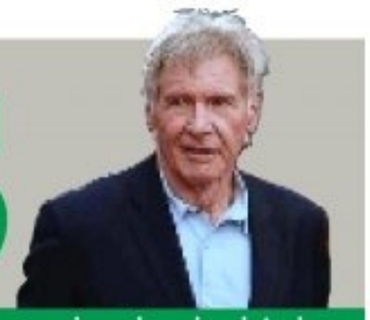

Film firm fined $1.95 million U.S. over Harrison Ford 'Star Wars' set accident that broke his leg.

MOUNTIE SHOOTING

Suspect found dead

Police say a man suspected of shooting a Mountie in British Columbia has been found dead.

RCMP spokesman Cpl. Dan Moskaluk says the man's body was found near the southeastern B.C. community of Revelstoke on Wednesday, and the BC Coroners Service is now investigating his cause of death.

Sheldon Kyle Thunderblanket
HANDOUT/RCMP

Investigators had been searching for 40-year-old Sheldon Thunderblanket since Tuesday when a female officer was shot after stopping a vehicle in a theft investigation on Highway 1. The RCMP believe Thunderblanket was wanted for numerous charges. THE CANADIAN PRESS

FREE WHEELING

MINISTER JOINS WHEELCHAIR WARRIORS TO PROMOTE SAVINGS PLAN

B.C. Minister of Social Development and Social Innovation Michelle Stilwell high-fives members of the Canadian Wheelchair Rugby team following a demonstration at Robson Square. The event was held to raise awareness for the government's Registered Disability Savings Plan.

JENNIFER GAUTHIER/ METRO

Dish the dirt on bad boss

EMPLOYMENT

Workers are vulnerable to serious abuse

Wanyee Li
Metro | Vancouver

If you have work horror stories that involve a bad boss, the BC Employment Standards Coalition wants to hear about it.

The feedback could lead to a change in regulations and enforcement for labour standards across the province, especially for part-time, casual, or shift work. People can remain anonymous.

"We think there is a lot of abuse. Workers are not paid, not given benefits, not paid overtime, [not given] statutory holidays, meal breaks, scheduled shifts and so on," said David Fairey, co-chair of the BC Employment Standards Coalition (BCESC).

The labour advocacy group is holding four drop-in sessions in the Lower Mainland where volunteers will collect people's stories and provide advice on whether their boss is violating the Employment Standards Sct.

Fairey believes it's an important part of the review process because the B.C. Law Institute (BCLI) plans to submit a report to the provincial government in two years, but is not holding public consultations.

"That's a problem," he said. "We want to make sure workers have an opportunity to have their input and tell their stories so that the issues that are common out there can be dealt with."

BCESC will submit its findings from this month's consultations to the B.C. government and BCLI.

Abuse can happen in a wide range of jobs. Fairey says he has heard complaints from people in the pharmacy industry as well as the restaurant industry. But contract or casual workers are especially vulnerable, he said.

"People who work contract, people who are working through employment agencies where it is difficult to figure out who the employer is – these are what we call precarious jobs."

In addition to improving labour laws, Fairey wants the government to do a better job enforcing. Audits at workplaces like the ones Ontario does can be very effective, but the B.C. government does not invest in them, he said.

"Right now there is no proactive enforcement [in B.C.]."

DROP ON IN

BCESC consultation sessions:

- **Oct. 13, Vancouver East, 11 a.m.**
  BCGEU Office- 130- 2920 Virtual Way Vancouver, BC
- **Oct. 17, North Burnaby/ Coquitlam, 3:30 p.m.**
  Cameron Recreation Centre
- **Oct. 19, Vancouver Downtown, 10 a.m.**
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Victoria top city for women

STUDY

Vancouver comes in at 9 and Windsor dubbed worst

Wanyee Li
Metro | Vancouver

Victoria tops the list of best Canadian city for women to live for the second year in a row due to the high ratio of government workers and public-sector jobs in the city, according to a study by the Canadian Centre for Policy Alternatives (CCPA).

Vancouver came in at ninth place while Montreal was sixth and Toronto was 11th.

Researchers measured five factors in each city to come up with the list — economic security, leadership, access to health, security against violence and education.

Overall, Canada has a lot of work to do when it comes to reducing sexual harassment against women and allowing women to hold leadership roles both in the private and public sector.

Women have actually reversed the gender gap in education — women have higher levels of education than men — but that hasn't translated into leadership roles, said Iglika Ivanova, senior economist at CCPA's B.C. office.

"We find that women still are under represented in management and politics even though they are highly educated … and in the last year we've had high-profile women in public life complaining about sexual harassment," she said.

"These are things where we still have a long way to go."

But Victoria stands out because women who live there are more likely to hold leadership positions. For instance, women hold 44 per cent of the elected government positions in Victoria's city council, according to Ivanova.

"(Victoria) also has the smallest wage gap between men and women. We think this is because there is a lot of government employees there," she said.

"Previous research from our organization has shown that in unionized public-sector positions, the gender gap in wages is much lower than in the private sector."

That means provincial capitals and Ottawa tend to do better in gender inequality surveys, said Ivanova. A lack of economic well-being for women has real consequences, she said, pointing to the link between a gender wage gap and violence against women.

"They are related. For example not being able to support yourself as wage earners is why some women stay in violent relationships."

Windsor came in last as the worst Canadian city for women in the CCPA report.

Iglika Ivanova is a senior economist who works at the Vancouver office of the Canadian Centre of Policy Alternatives.
JENNIFER GAUTHIER/METRO

BEST & WORST

1. Victoria
2. Kingston
3. London
4. Québec City
5. Gatineau
6. Montréal
7. Sherbrooke
8. St. John's
9. Vancouver
10. Halifax
11. Toronto
12. Kitchener-Cambridge-Waterloo
13. Hamilton
14. Ottawa
15. Abbotsford-Mission
16. Barrie
17. Kelowna
18. Regina
19. St. Catharines-Niagara
20. Winnipeg
21. Saskatoon
22. Edmonton
23. Calgary
24. Oshawa
25. Windsor

UBC

Late profs donate $3 million

David P. Ball
Metro | Vancouver

You could say the Friedmans were always part of the University of B.C. Faculty of Medicine's anatomy.

The late Constance and Sydney Friedman were UBC medicine's two earliest hires, creating the fledgling department in 1950. In February 2015, Sydney died on the eve of his 99th birthday; Constance in 2011.

Now, thanks to the sale of their former home this summer — yielding a $3.3-million scholarship donation announced Wednesday — the medical studies power-couple can be part of the school's DNA long into the future.

"The Friedmans were instrumental in making the UBC Faculty of Medicine the exceptional medical school that it is today," said UBC president Prof. Santa Ono in a statement.

The couple met and fell in love while studying anatomy in Montreal before moving to B.C.

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The Frank explores Whitman's secret

CULTURE

LGBTQ theatre's latest offering is not afraid to push the limits

David P. Ball
Metro | Vancouver

The actors in the Frank's new play, Walt Whitman's Secret: Tom Pickett as Whitman, front left, Kamyar Pazandeh from right, Adele Noronha, back left, and Conrad Belau. RAYMOND SHUM/THE FRANK

The Frank — Vancouver's premiere LGBTQ theatre company — prides itself on being on the cutting edge when it comes to diversity themes, even occasional controversy.

So some may have been surprised when the local drama veterans announced it would celebrate its 20th anniversary with a period costume drama set in the 19th century: Walt Whitman's Secret, adapted from a novel by prolific local writer George Fetherling.

"This play is it's so unlike anything The Frank has ever done before," the company's artistic producer, Chris Gatchalian, told Metro in a phone interview. "We're usually known for plays unabashedly contemporary.

But don't be fooled, Walt Whitman's Secret — adapted by Seattle playwright Sean O'Leary — isn't afraid to push people's boundaries. Fetherling told Metro that he was "extremely pleased" with O'Leary's stage adaptation of his 2010 book — an historical novel about Leaves of Grass author Walt Whitman.

Whitman has been long revered as a role model and icon by many in the LGBTQ community, and as one of the greatest U.S. authors ever. "He and Oscar Wilde are the two most famous gay writers in the 19th century," Fetherling explained. "But the secret of the title is not his being gay, and I'm not entirely convinced it was even as much a secret in the 19th century as we believe it to have been.

"This is a play about someone being a gay man — as opposed to just being about a gay man."

For O'Leary, the story offered a chance to explore some universal questions in new ways: "How to live," O'Leary said, "and how to be real."

Walt Whitman's Secret will "preview" Thursday, Oct. 13 at Presentation House Theatre (333 Chesterfield Ave., North Vancouver), and premiere its 10-day run on Oct. 14. Tickets $28 ($15 students) at thefranktheatre.com.

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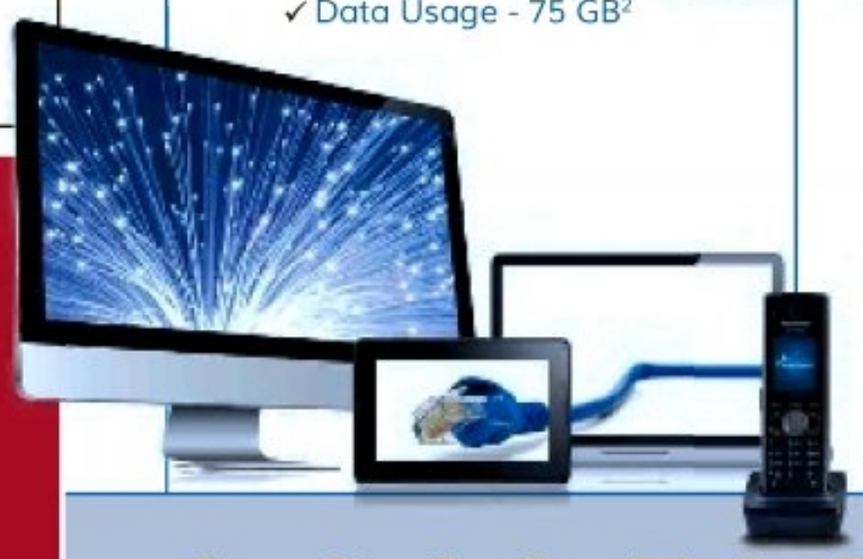

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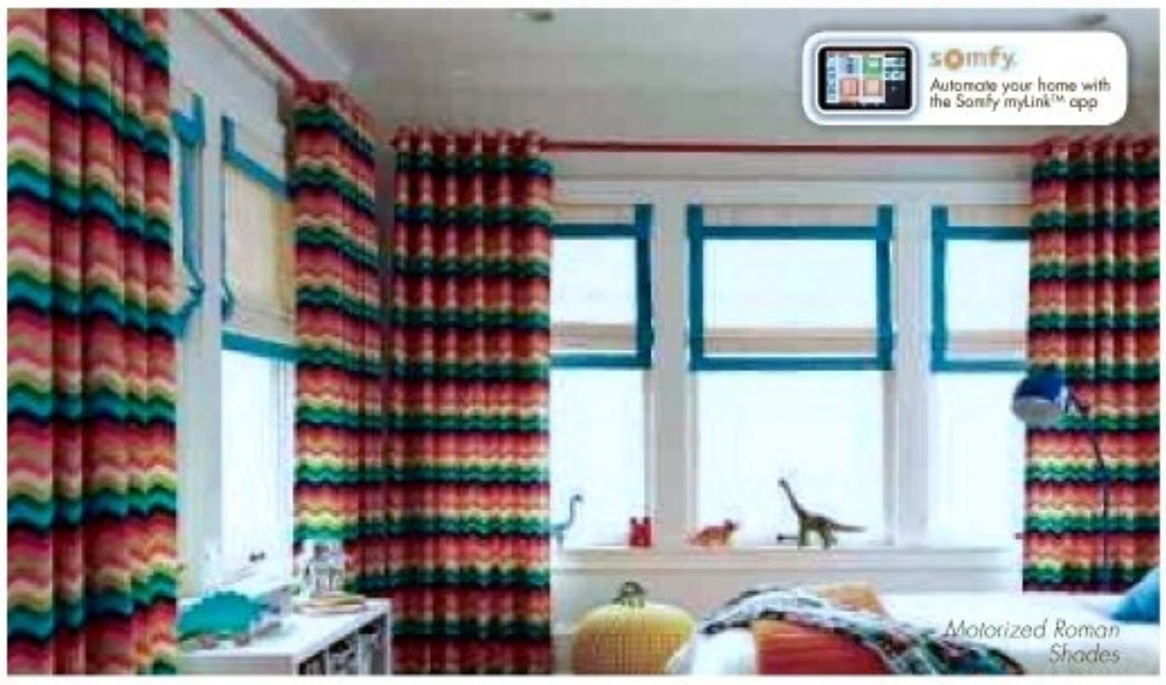

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Dom, a homeless student, speaks following the release of the UGM report. JENNIFER GAUTHIER/METRO

The street is the only place to turn

HOMELESSNESS

Harder than ever to switch from shelter to housing: Study

Matt Kieltyka
Metro | Vancouver

The new reality of affordability-driven homelessness in Vancouver is making it harder for people to transition from shelters to housing, according to the Union Gospel Mission.

At the launch of the UGM and University of Victoria's latest report, No Vacancy, Wednesday, the Downtown Eastside service provider said it has been experiencing a significant backlog at its emergency shelter and treatment recovery programs this year because people who are ready to transition into permanent housing have been unable to find any.

The number of turnaways at UGM's shelter, at capacity since August, has increased 25 per cent this year, but spokesperson Jeremy Hunka said the agency has also found housing for 36 per cent fewer people this year despite hiring additional case workers.

No Vacancy highlights how the region's housing affordability crisis — low vacancy rates and rising rents — has created a "new reality" where people on low incomes can do little to stave off homelessness.

UGM commissioned the report after seeing the need for its services skyrocket.

"We wanted to get to the root cause of this," said Hunka. "People are being turned away from our shelters and sleeping on the street as winter approaches because there are no homes for people to go to.

Guests who are otherwise ready to leave the UGM shelter are forced to stay as they search for scarce housing."

Hunka used the UGM's drug and alcohol recovery program as an example.

The program is currently capped at 45 men. Thirteen of those people are ready to move on but haven't been able to leave because they can't find safe, affordable housing.

"That prevents us from taking 13 more people in," Hunka said.

One of the people who has turned to the UGM shelter for help is Dom, a 25-year-old student from Calgary. (He requested his last name not be printed.)

When he moved to Vancouver seven months ago to attend a video-game design course, he never imagined he'd wind up homeless after being priced out of the rental market.

For the last week, Dom has been attending school full time and has been job hunting while living out of the UGM shelter.

"Trying to pay for tuition and finding a house to actually live in … I didn't think it would be so difficult to find a job and a place to live," he said. "It's difficult to focus on school when you're homeless."

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Bains begs help for immigration plan

GOVERNMENT

Minister says policy facing 'reluctance'

Canada's economic development minister says the federal Liberal government is encountering public "pushback" on its immigration plans from Canadians who fear for their jobs.

Navdeep Bains says newcomers create jobs in Canada and is urging people to see immigration not as a social issue, but as a key driver of economic growth.

Bains is asking the business community to help sell immigration as something that can increase prosperity and opportunity for Canadians.

He says people need to understand that bringing in newcomers will give the country a competitive advantage.

The minister says the government has to do a better job of telling that story.

Bains made the comments today while speaking to business leaders at a economic summit in Ottawa sponsored by the Public Policy Forum.

Navdeep Bains wants businesses to help sell immigration as something that can increase prosperity. THE CANADIAN PRESS

"The honest truth is there is still reluctance around immigration policy," Bains said. "When we want to talk about immigration and we say we want to bring more immigrants in because it's good for the economy, we still get pushback."

He asked his audience to pitch in.

"I need your help, and the help of many in this room, to change that conversation, because I can tell you I'm hitting a bit of challenge within government in having this conversation." THE CANADIAN PRESS

Diversity promised in research

Genna Buck
Metro | Toronto

In a competition for 11 new Canada Excellence Research Chair (CERC) positions, there will be a stronger emphasis on equity and diversity, federal Science Minister Kirsty Duncan announced at a University of Calgary event Wednesday. But she offered few details about how this will be achieved in practice.

Of the current CERC recipients — top scholars from around the world lured to Canada with $10 million in non-renewable research funding spread over seven years — 26 are men and only one is a woman.

From now on, institutions applying for CERCs will have to submit "detailed equity plans and recruitment strategies" for women and other underrepresented groups, such as indigenous people, Min. Duncan said in a phone interview with Metro.

"In 2016, that number is simply unacceptable. We are a government that values research, science, equity and diversity," she said.

Universities will have to detail the efforts they will make to ensure any future chairholder and their team of 40-plus researchers "does indeed look like today's Canada," the minister added, though no specific equity and diversity targets have been released.

Duncan declined to say how many female CERC recipients she would be happy with, out of 11, but stated she's been clear in her expectations and the group will not, once again, be more than 90 per cent men.

Trudeau broke new ground last fall when he appointed a cabinet with equal numbers of men and women. He also promised gender equality and greater diversity will be key considerations in appointments to the Supreme Court and the Senate.

WITH FILES FROM THE CANADIAN PRESS

Think tank urging the Liberals to think big on infrastructure

A federal policy think tank says the federal Liberal government's cornerstone economic policy could be dead in the water without a strategy on how to spend billions in new infrastructure money.

The Public Policy Forum argues for the need for a pan-Canadian infrastructure strategy over the next three decades to ensure governments spend on projects that will produce long-term gains. The Liberals have made infrastructure spending central to their plan to create jobs and prod the sluggish Canadian economy. Indeed, Canadian governments are expected to spend as much as $750 billion over the next 10 years on infrastructure.

As a result, now's the time to create a national infrastructure strategy after years of successive federal governments handing over money to provinces and cities without a clear, national vision, the paper argues.

"The Liberal government committed to doubling federal infrastructure spending. That was the easy part," writes Drew Fagan.

THE CANADIAN PRESS

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Haiti's situation is 'not looking good'

NATURAL DISASTER

Cholera pandemic worsened by hurricane

Hurricane Matthew first took the home of Sonette Crownal in a town on Haiti's southern coast. Then cholera came for her baby.

The 25-year-old market vendor and her family were still taking stock of their losses after the storm when she noticed that Peter James, just 10 months old, was showing symptoms of a disease that health authorities say is surging in the wake of the storm.

"When I saw the symptoms and knew what was really going on, then I got scared," Crownal said as she cradled the boy in her arms at a Les Cayes cholera treatment centre on Tuesday. About 20 people, some still listless from the disease, lay on cots under a metal roof as a fan cooled the tropical heat.

Cholera is caused by bacteria that produce severe diarrhea and is contracted by drinking contaminated water or eating contaminated food. It can lead to a rapid, agonizing death through complete dehydration, but is easily treatable if caught in time.

The Category 4 storm has killed at least 473 people, according to national emergency officials, and the wreckage it left behind has created the perfect conditions for spreading the water-borne disease. Matthew sent rivers and outdoor latrines overflowing across the mountainous landscape. Cholera-contaminated water has leeched into people's drinking wells.

Hurricane Matthew victims wait to receive food from the UN's World Food Programme in Roche-a-Bateaux, in Les Cayes, in the south west of Haiti, on Wednesday. The first major handout of food aid took place along Haiti's storm-wrecked southwest coast but supplies were still far short of what was needed by the thousands of starving people. AFP/GETTY IMAGES

Many thousands of people whose homes were ruined are sharing close quarters with family and friends, the kind of proximity amid poor sanitation that aids in transmission. Already reports have been trickling in that the disease is spiking.

The World Health Organization says at least 200 suspected cholera cases have been reported across southwest Haiti since Matthew hit and it has pledged to send 1 million doses of cholera vaccine to Haiti.

"It is not looking good," said Dr. Unni Krishnan, director of Save the Children's Emergency Health Unit in Haiti.

And cholera is not the only health emergency in the country. Krishnan and others warn about growing malnutrition because of widespread damage to crops and livestock, as well as fishing boats and gear, depriving many of their livelihoods in a country where more than half survive on less than $2 a day.

Also complicating matters are shortages in hospitals and clinics ill-equipped to respond to the spike in cases. Many people in remote communities have trouble reaching treatment.

Doctors Without Borders opened a cholera treatment centre in Port-a-Piment. As of Tuesday, medical staff had already cared for 87 patients. Paul Brockmann, director of the organization's mission in Haiti, said the looming wet season may make it worse still. THE ASSOCIATED PRESS

SYRIA

Militant drone attacks reveal fresh threats

French and Kurdish forces in northern Iraq were attacked by an exploding drone, the Pentagon said Wednesday, adding a new worry to the wars in Iraq and Syria as militant groups learn to weaponize their store-bought drones.

Air Force Col. John Dorrian, the spokesman for the U.S.-led military coalition in Iraq, said an improvised device on a drone exploded after it was taken back to a camp near the Iraqi city of Irbil. He called it a Trojan Horse-style attack.

Two Kurds were killed in that incident on Oct. 2, according to a U.S. official, who said the drone looked like a Styrofoam model plane that was taped together in a very rudimentary style. The official said it appeared to be carrying a C-4 charge and batteries, and may have had a timer on it.

France's presidential spokesman, Stephane Le Foll, said Wednesday that two French special forces were seriously injured in the explosion.

The U.S. has seen militants use a variety of improvised drones and modified drones, Dorrian said, adding, "there's nothing very high-tech about them." THE ASSOCIATED PRESS

IN BRIEF

Burundi lawmakers vote to withdraw from ICC

Lawmakers in Burundi overwhelmingly voted Wednesday in support of a plan to withdraw from the International Criminal Court, something no country has ever done.

The decision escalates a bitter dispute with the international community over the human rights situation in the East African country, which has seen more than a year of deadly violence. The ICC prosecutes cases of genocide, war crimes and crimes against humanity. THE ASSOCIATED PRESS

Lawyers for Paris attacks suspect won't defend him

Lawyers for the only surviving suspect in last November's attack in Paris say they will no longer defend him because he refuses to speak.

Frank Berton and Sven Mary said they've decided to stop representing Salah Abdeslam, who has remained silent to protest his prison conditions, including the 24-hour video surveillance of his cell. Berton said Abdeslam was psychologically damaged by his detention in prison. THE ASSOCIATED PRESS

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TRAVEL

Site shuns wildlife bookings

Travel website TripAdvisor says it's taking a stand against animal exploitation by no longer selling bookings to attractions where travellers can make physical contact with captive wild animals or endangered species.

The TripAdvisor policy, announced Tuesday, is in line with increasing public sentiment against the exploitation of wild animals to entertain people. SeaWorld this year announced it would stop using killer whales for theatrical performances, while Ringling Bros. and Barnum & Bailey Circus last year stopped using elephants.

TripAdvisor will cease booking some attractions immediately, but the policy, which may affect hundreds of businesses, takes full effect early next year.

In announcing the policy, which also applies to the affiliated Viator booking website, TripAdvisor specifically mentioned elephant rides, swim-with-the-dolphins programs and tiger petting.

The policy does not apply to zoos and domesticated animals, such as horseback rides, and has exemptions for children's petting areas, aquarium touch pools and other attractions with educational benefits where visitors are professionally supervised.

THE ASSOCIATED PRESS

A customer inquires about returning a Samsung Note 7 in a store below the company's headquarters in Seoul. AFP/GETTY IMAGES

Fireproof boxes sent for Note 7

RECALL

Kits conform with rules for lithium ion batteries

Samsung Electronics said Wednesday it is sending fire-resistant packages to its customers in the U.S. as a precaution against possible fires or explosions from Galaxy Note 7s they return to retailers.

Samsung is offering prepaid shipping boxes as an option for U.S. consumers who purchased the phones on its website, Samsung.com. It said consumers who purchased their Note 7 phones from mobile carriers should visit the carriers' websites for recall instructions.

On Tuesday, Samsung said it was discontinuing the Note 7 phones just two months after their launch, after two recalls and many reports of fires. Samsung must now deal with receiving back more than 1.5 million Galaxy Note 7 phones, both the original ones and those issued as replacements. Most were sold in the U.S. and South Korea.

A video on YouTube dated Tuesday shows a man it says is at the XDA Developers office in the U.S., unpacking a kit containing a static shield bag, thermally insulated boxes, gloves and instructions for ground shipping only.

Samsung said the packaging kits conform with U.S. requirements for shipping lithium-ion batteries or devices containing them that are subject to a recall.

THE ASSOCIATED PRESS

MONEY

Brits put new spin on five-pound note

The value of the British pound sterling may have been dropping in recent weeks but imaginative Brits have found a way to put cash to work: It turns out the new plastic five-pound-note can be used as a stylus to play vinyl records.

A number of YouTube videos have been posted in recent days showing the new note "playing" music on a turntable, though it must be said the fidelity does not match sound produced by expensive equipment.

The plastic note is illustrated with images of Queen Elizabeth II and Winston Churchill. It was introduced last month to generally favourable reviews.

THE ASSOCIATED PRESS

Brits have discovered the new plastic £5 note can be used as a stylus to play vinyl records. YOUTUBE.COM

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CHANTAL HÉBERT ON THE NDP'S ELECTORAL-REFORM POSITION

For a party that has spent years tilling the electoral-reform field, this submission is remarkably free of specifics. The Liberals, by comparison, have been at this for a very short time.

If one had to take away just one thing from the NDP's just-released submission on electoral reform, it is that it strenuously avoids tracing a party line in the sand.

As leader, Thomas Mulcair campaigned on a mixed-member proportional system. But in its brief, the NDP carefully avoids pinning itself down to a specific system to the exclusion of others or to a process to achieve a reform.

Instead, the NDP reports that an overwhelming majority of those who attended the 40 or so town halls it held over the summer want a more proportional system.

That is only groundbreaking until one considers that voters who have no quarrels with the first-past-the-post system probably did not sacrifice a summer evening to dream up a different approach to electing members of the House of Commons.

Similarly, the New Democrats note that most participants want a "fair" and "legitimate" process; a notion that it interprets to mean anything between moving to a new system with multi-party support to a national referendum.

For a party that has spent years tilling the electoral-reform field, this submission is remarkably free of specifics. The Liberals, by comparison, have been at this for a very short time. The first-past-the-post system has delivered more majorities to the Liberal party than to any of its rivals, and Justin Trudeau is its first leader to commit to doing away with it.

Polls show that most Canadians support the Conservative contention that an electoral reform of this magnitude should be put to a referendum.

But the NDP brief comes just as negotiations are about to get underway between the members of a parliamentary committee tasked with making recommendations on electoral reform to the government by Dec. 1. At that point, time will be of the essence as Elections Canada needs a considerable amount of lead time to put a new system in place in time for 2019.

Although the Liberals hold the most seats (five) on the 12-member committee, they do not have a majority. There cannot be a majority report absent an alliance between two or more of the five parties at the table.

The Conservatives are unlikely to be part of any deal. They have drawn their line in the sand on process. For the official Opposition, any move to a different voting system has to be approved by a majority of Canadians through a national referendum. If that sounds like a long shot, it is because that is what the Conservatives hope it to be. From their perspective, the current first-past-the-post system best serves their party.

This year a group of MPs has been gathering for meetings of the special committee on electoral reform to hear from expert witnesses on how and whether they should change the way Canadians cast their federal election ballots. THE CANADIAN PRESS

On paper, the Liberals, given their governing majority, always have the option of going it alone — imposing a preferred voting system through legislation. But that path would be fraught with difficulties.

Polls have shown that a majority of Canadians support the Conservative contention that an electoral reform of this magnitude should be put to a referendum.

Some experts have argued that moving to a new federal voting system could require a constitutional amendment.

It is far from certain that an electoral-reform bill backed by only the Liberals would find timely support in the Senate.

There is precedent for the upper house to hold out on a major government plan until Canadians have had a say through a vote. At the time of the 1988 free-trade debate, the Liberal majority in the Senate refused to approve Brian Mulroney's trade deal until an election had been held.

The scenario of unilateral Liberal action would also consume a fair amount of political capital on a file that is ultimately secondary to both the partisan and the policy interests of the current government.

This is one promise many Liberals would be happy enough to see Trudeau ditch, as long as he and the government did not have to take the blame for pulling the plug.

An all-party parliamentary committee deadlocked on the issue of the voting system would offer the government a relatively easy way out.

The NDP describes its brief as setting out the parameters within which its caucus would support a reform and a process to achieve it. If those parameters read like you could run a truck through them it's because keeping Trudeau from backtracking from his promise to change the voting system in time for the 2019 election is also the point.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

ROSEMARY WESTWOOD

A coalition of sexist vitriol undone by, of all things, sexists' guilt

Who would've guessed the tipping point would be a five-letter word that rhymes with wussy.

After all the U.S. election has been about — inequality, black lives, white anxiety, trade and protectionism, unemployment, terrorism, emails, Benghazi, China, immigration, Mexicans and the colour orange — this mattress fire comes down to women.

Trump's establishment support continues to erode. He's trailing in polls, his odds of winning as low as 17 per cent. No amount of "locker room talk" defence or complete sentences uttered in debates has stemmed the outrage.

In joking about sexual assault via grabbing women in the "p--sy" in a hot mic recording from 2005, Donald Trump did what even Donald Trump didn't appear capable of: He found a line, and he crossed it.

That line is partly getting caught directly in the act of misogyny, on video. It's partly the gushy slang for that taboo part of a woman. ("Grab them by the d--k" and "Grab them by the penis" just don't have the same vulgar ring, do they?) It's partly about criminal activity.

And it's partly the overarching context of this election. Trump's comment wouldn't have landed like such a "yuge" stink bomb if he weren't running against a woman. But he is. So women's place in society and their right to power is at the centre of the campaign.

For a while, that was good for Trump.

In fact, it had appeared as if his key selling feature was Hillary Clinton herself. His crowds brought to ecstasy at the mention of Benghazi and "crooked Hillary," seeming not so much interested in Trump as in Clinton's head.

She had to slog against the most unstable, irrational character this side of the Filipino president, exactly because she is who she is: a woman, who also happens to be a long-time, successful politician. Her crimes fall far short of apocalyptic, though her reception indicates otherwise.

Even for those who deny their sexism, she could never smile with quite the right frequency. She was never warm enough, always far too loud. Few men, outside Obama, earn chants like "Hang her in the streets" or threats of being jailed from Trump, or a comparison, courtesy of Mike Huckabee, to the shark in Jaws.

But the breaking point has been reached. A nation unwilling to reckon with its sexism buoyed Trump until last Friday, and a nation self-conscious of its sexism is sinking him today.

Thanks to both, Nov. 8 is set to be one hell of a statement on women in America.

This is Rosemary's final daily column. Watch for her new weekly column, about relocating to the United States, coming next month.

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Read Marin Barley's story on the loss of her pregnancies at metronews.ca/miscarriages

Healing after miscarriage

They are proud mothers of babies they will never know — here, Canadian women share their heartbreak

Kristen Thompson
For Metro Canada

This is a story about profound shame and loneliness. It's about a secret club that will be joined by one in three Canadian women at least once in their lives. It's about miscarriage and infant loss, something that's only talked about in whispers.

The women in this story are tired of whispering. They are proud mothers of babies they will never know, babies many of their loved ones never even knew existed. And they're hoping their stories will encourage other women to reach out for support so they don't have to grieve in silence.

This Saturday is Pregnancy and Infant Loss Awareness Day. Its very existence was built upon the mandate of destigmatizing infant loss.

I reached out to the women in my two Facebook mom groups to see if anyone would be willing to share their story with me. I was overwhelmed with the response. Around 150 mothers emailed or Facebook messaged me their stories. These are just some of them.

Kari Anne Gonsalves, who now has a one-year-old son, suffered a miscarriage in April 2013. The following year, she also lost her triplet sons.

"When I miscarried … I didn't feel as though I could talk to anyone about it," said Gonsalves. "At the time I did not know anyone who had experienced such a loss, and no one, with the exception of my husband and one friend, knew that I was even pregnant."

"I felt isolated in the sense that my life had to go on, even though I carried this great hurt and sadness, and the people around me carried on as if nothing had happened, because they simply didn't know that anything had happened."

In May 2014, Gonsalves' infant triplets — Jude, Gabriel and John Paul — were born extremely premature and did not survive.

"Friends with children stopped inviting us out to their children's events. I stopped getting invited to baby showers, people avoided telling me that they were expecting. They thought they were being sensitive, but when all of your friends have children, it gets pretty lonely and we wanted celebrate happy times with our friends."

Sarah Keast is a mom of two girls. She also had a son, Ryder, who died at 22 weeks. She describes finding out about his genetic condition — and the difficult decision to terminate her pregnancy — as devastating.

"The radiologist … put her hand on my shoulder and said, 'I'm so sorry, but I do have to confirm I'm seeing significant brain damage,'" said Keast, of the day she learned Ryder wouldn't survive. "I then collapsed."

"I cried every time I got out of the shower and looked at my belly. I cried every time he kicked me. I cried every time I saw a pregnant woman on the street."

SUPPORT GROUP

WHY SHARING STORIES CAN HELP

These five women have each had a miscarriage. They're part of the same mom's group on Facebook, but met in person for the first time at Ashbridges Bay in Toronto last week. From left, they are Caroline Starr, Kari Anne Gonsalves, Brechann McGoey, Elizabeth Dhuey and Meghan Krmpotic.

The emotional impact of miscarriage and infant loss is profound. In fact, one in five women who experience miscarriage have anxiety levels similar to people attending psychiatric outpatient services, according to Tommy's, a U.K.-based centre for miscarriage research that coined the hashtag "MisCourage" to encourage women to tell their stories of loss. It also found that as many as one third of women attending specialist clinics as a result of miscarriage are clinically depressed.

Oct. 15 is Pregnancy Loss and Infant Awareness Day — Metro has spoken to many mothers and fathers who wanted to share their loss, and find others whose stories they can relate to. Share using #IHadAMiscarriage

More stories online at Metronews.ca/miscarriage

RELATIONSHIPS

Dads feel guilt on top of grief

David Alexander and his wife weren't exactly trying for a baby when she became pregnant with number two. Their shock turned to joy as they began to adjust their plans for life with two kids. But when his wife started to bleed, that dream was dashed.

Alexander's wife came home from the emergency room appearing stoic and collected. That first day, it was Alexander who broke down.

"That night after we found out and I was in bed laying down, I think I cried for 15 minutes," he said.

On top of grief, Alexander (pictured above with his son) said he also felt guilt that he couldn't really relate to what his wife was going through, although it was their child that was lost.

Dylan Tomlin had a similar experience when his wife lost two pregnancies in a row. "I didn't feel nearly as much loss as she did," he admits, in part because he wasn't experiencing the pregnancy symptoms, and because she wasn't showing yet.

Jamie McCleary, program manager at PAIL, said her organization has seen an influx in dads seeking support. She pointed out that infant loss can be hard on fathers for different reasons than it is for mothers, in part because they are expected to be the strong ones.

KRISTEN THOMPSON/METRO

SOCIAL IMPACT

Steering clear for the sake of your sanity

While many women feel pushed into isolation by friends, family and colleagues who don't want to talk about their loss, others isolate themselves as a means of self-preservation.

Laura Beer (pictured right) describes how she turned inwards after losing her stillborn daughter Georgia.

"For months, I only left the house through the garage so no one would see me," she said. "Every minute that loomed ahead seemed impossible."

"Our friendships slowly morphed until we were almost completely surrounded by other loss parents. 'Other people' hurt me. It wasn't intentional, but no one could understand this new world we had found ourselves in."

"I changed too. I had gone from being confident and relatively carefree to awkward and plagued by social anxiety. I suddenly found myself incapable of small talk. I was afraid of strangers."

"Walking back into my office that first day was one of the hardest things I have ever done. How do you face the same people who used to know you, when you have become a completely different person?"

Marin Barley, a mother of three from Vancouver, lost two pregnancies between the birth of her second and third babies. "I got a lot of 'Well at least you have two other kids already,' and 'It is probably for the better.' I (even) had people say 'This is why you don't tell people until the second trimester'… People meant well, but those comments never helped." KRISTEN THOMPSON/METRO

Seattle cartoonist Sarah Glidden, who collected stories from the fallout of the Iraq war into the comic novel Rolling Blackouts, says comics and narrative journalism "can help show a reader that this is a person like you." CONTRIBUTED

Using comics to tell a compelling story in Iraq

NEW BOOK

Cartoonist recorded journalist trip after invasion

Sue Carter
For Metro Canada

In 2010, Seattle cartoonist Sarah Glidden packed up her sketchbook, camera and voice recorder and travelled to the Middle East for two months.

She was joining journalist friends who were working for the non-profit online publication Seattle Globalist; Glidden would observe as they gathered stories about the lingering effects of the Iraq war, especially on those displaced as a result of the American invasion.

Making the Kickstarter-funded trip even more complex, the group planned to document the story of former Marine Dan O'Brien, a childhood friend of one of the journalists, Sarah Stuteville, as he returned to the country for the first time since serving.

Glidden's observations of those two months are captured in her new book, Rolling Blackouts: Dispatches from Turkey, Syria, and Iraq which could be easily be described as a personal memoir or travelogue, but falls more into the growing category of comics journalism or illustrated reportage.

She kept her recorder on for the entire trip, choosing to listen rather than constantly sketch, while relying on photographs and drawings to capture body language and physical details.

Glidden documented not just the reporters' behind-the-scenes process, but quiet times when they would just be sitting around, having a few beers and talking about America's place in the world. Even though Glidden cringes now at her overly earnest and naive responses during those discussions, she didn't edit them out of her personal story. "I wanted the dialogue to be real dialogue," she says.

One situation Glidden captured through her muted but striking watercolour illustrations is the tension between Stuteville and O'Brien, as the journalist unsuccessfully pushed to get her ex-military friend, who refused to open up about certain details, to go on record to denounce the war.

"It was difficult for me to write about a friend and make her into a character, and portray her in a way that isn't always flattering," says Glidden. "It was funny, when I was writing the book, I was going through what she was going through when we were on the trip. She wants him to be a compelling story, but she also cares about him."

During their travels, the group meets refugees from a variety of backgrounds, and Glidden turns over many pages to their heartbreaking, painful stories. For the first time, the American journalists also directly encountered the hostility felt by those whose lives were destroyed by the war, many of whom demanded answers for their government's actions.

"I think we often hear stories about how sad it was what happened to them, or anger when it comes to terrorism, but you don't get to hear ordinary people say how angry they are, and frustrated," says Glidden.

Though her trip took place six years before the current Syrian civil war, while Damascus was still a safe city, Glidden believes that Rolling Blackouts' illustrated treatment provides a much-needed human connection to the country's newest refugee population.

"A lot of times it's easy for us to 'other-ize' people's stories when they're from far away or from a background that is harder for us to identify with. Maybe part of that is an emotional defense. If you really accepted people who are going through such traumatic experiences as people like you, it would be so hard to take all the terrible news that you see," Glidden says. "But it's really important for us to break through that barrier. And I think that comics and narrative journalism can help show a reader that this is a person like you."

Sue Carter is the editor at Quill & Quire magazine.

metro THE KIT REPORT

#YVR INDEX

The Kit Compact—Canada's beauty and style brand—checks out Vancouver's hottest style destinations

STREET STYLE
LOCAL HERO
Style star Claire Liu shares her hometown hangouts

NEIGHBOURHOOD WATCH

Essential spa
"I usually go to Spa Utopia (1001-999 Canada Place). Once you finish your treatment, you can chill and they bring you snacks and wine."

Must-try meal
"If I want to spoil myself, I go to Hawksworth (801 W. Georgia St.). The service is amazing and the food is very creative."

Killer brunch
"If you want beautiful decor, go to Chambar (568 Beatty St.). And their waffles are so good!"

Trusted hair salon
"I go to a local Japanese hair salon called Tsubaki (515 Dunsmuir St.). I don't really know how to do my hair, so I just keep it short and iron it!"

Fave cocktail spot
"Beach Bay Café and Patio (1193 Denman St.) has happy hour, so get a glass of wine and people watch."

Claire Liu (@vonvogueblog) shot on Hamilton Street in Yaletown. PHOTOGRAPHY BY SAMANTHA CHAN

H&M STUDIO TOP, PANTS, SHOES, HM.COM. H&M JACKET, BAG, HM.COM

THE SIP: THE MAMIE TAYLOR

The Mamie Taylor is the signature cocktail of the eponymous Chinatown hot spot (251 E. Georgia St.). "We found the cocktail in an old recipe book and researched the woman it was named after," explains o-founder Ron Oliver. "She was as well known for being a vaudeville star as she was for being seen in the most popular bars in New York. She sounded like exactly the kind of customer we wanted. The cocktail also happens to be delicious."

What you need:
45 mL blended whisky
15 mL fresh lime juice
Dash angostura bitters
Ginger beer to top

Directions:
Combine first 3 ingredients in a Boston glass filled with ice. Shake vigorously. Strain into a Collins glass filled with ice. Top with ginger beer. Garnish with a lime wheel cut in half.

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FROM THE EDITORS OF THE KIT compact

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GOSSIP BRIEFS

Lily Allen sheds tears during visit to migrant camp

British singer Lily Allen, seen at right at a protest calling for Prime Minister David Cameron to resign, has apologized for Britain's handling of the migrant crisis on a visit to a slum-like camp in northern France.

She said Wednesday she was sorry "on behalf of my country" after visiting refugees in Calais who are trying to enter Britain. Allen was moved to tears after meeting a 13-year-old boy from Afghanistan who told her he was trying to be reunited with his father in England. She told him Britain had put him in danger by bombing Afghanistan, putting him in the hands of Taliban extremists, and having him risk his life trying to get to Britain.

The French government plans to dismantle the site and disperse its occupants.

THE ASSOCIATED PRESS

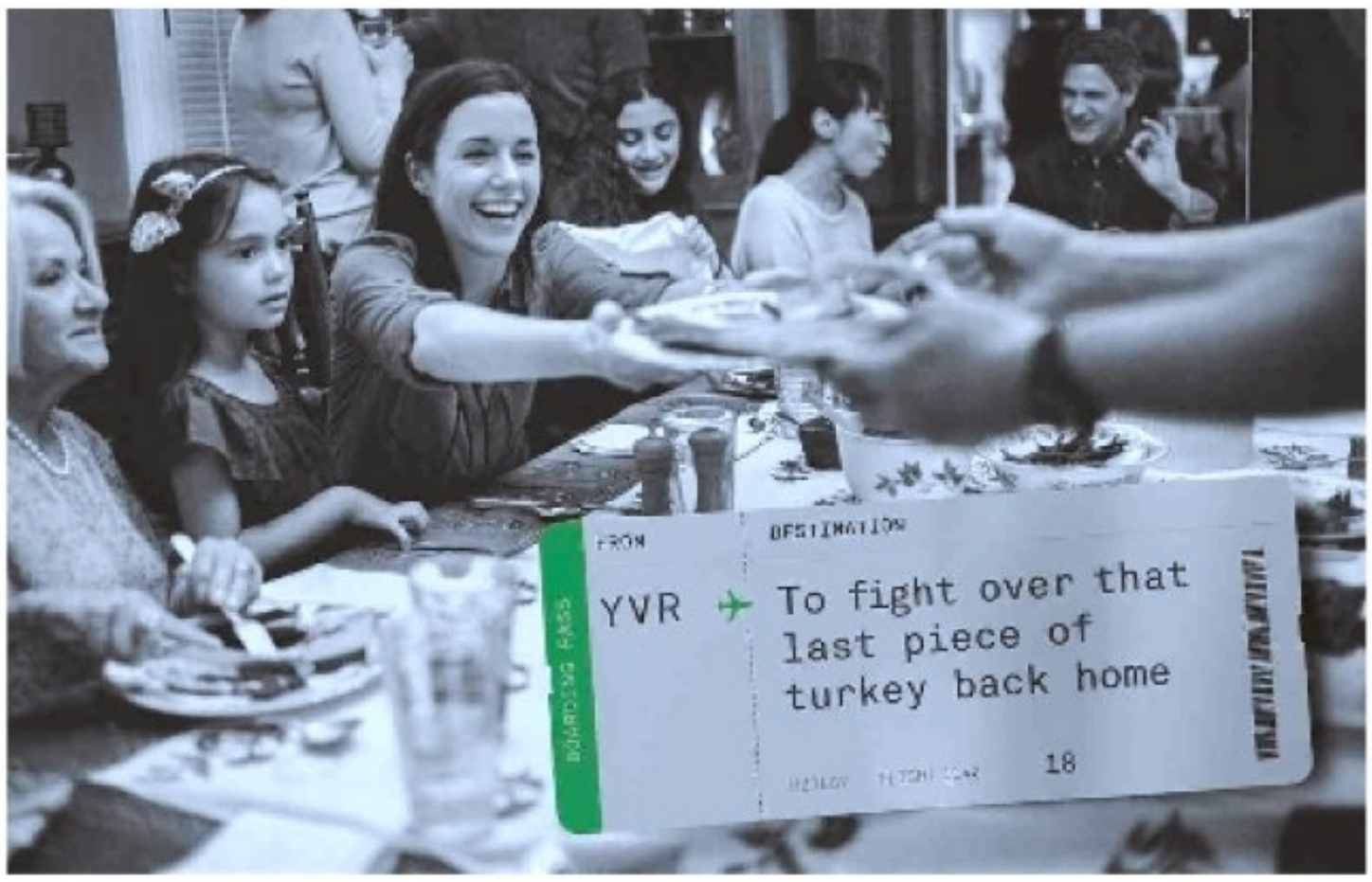
Cyrus says Supergirl is 'weird'

Miley Cyrus is taking issue with the CW series Supergirl because she says having a show with a gender attached to it is "weird."

The pop singer tells Variety the actress who plays the title character Melissa Benoist is a woman, "not a little girl."

She also questions "what if you're a little boy who wants to be a girl so bad that this makes you feel bad."

THE ASSOCIATED PRESS



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JOHANNA SCHNELLER
WHAT I'M WATCHING

A slow move to diversity

Show creator Issa Rae, seen right, is tasked with portraying a familiar situation — a young woman trying to make it in Los Angeles — but from a new perspective. CONTRIBUTED

THE SHOW: Insecure, Season 1, Episode 3 (HBO)
THE MOMENT: The secret white meeting

Walking past the breakroom at her youth-outreach organization, Issa Dee (show co-creator Issa Rae) overhears coworkers expressing doubts about her Beach Day project. She walks into the room.

Her coworkers gush condescendingly. "Are you stressed? I would be so stressed," one babbles. Three of them dash away. Only Frieda (Lisa Joyce), Issa's partner on the project, remains.

"Were you guys discussing Beach Day?" Issa asks.

"Oh. It's no big deal," Frieda insists nervously. "A few of the others had some concerns."

"Concerns they couldn't talk to me about?" Issa presses.

"They just emailed me to double-check a couple little things," Frieda over-explains.

"There were emails, too?" Issa asks. Cut to Issa and her boyfriend: "They're having secret white meetings, and they're sending secret white emails," she rails.

When series co-creator Larry Wilmore (The Nightly Show) teamed up with Rae, who'd grabbed attention with her YouTube series Awkward Black Girl, this was the point: Show us a familiar situation — a young woman trying to make it in Los Angeles — from a new perspective that can only come from a unique voice.

Issa Dee is not the first TV character trying to find love, career fulfillment and herself. But she's the first I've seen who demonstrates how hilariously absurd well-meaning white people look when they try too hard to be cool; or what happens when her best friend Molly (Yvonne Orji), an attorney, is tasked to ask her firm's new intern to "tone down" her blackness.

Insecure doesn't fix Hollywood's diversity problem, of course. But it's an excellent start.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Blend in with your counter culture

IN THE KITCHEN

New appliances do double duty as handsome accessories

Vicky Sanderson

Have nothing in your houses that you do not know to be useful, or believe to be beautiful. The directive from 19th century designer William Morris may be shopworn, but it remains useful — even as a guide for determining which appliances should live on a kitchen countertop, said Tamara Robbins Griffith, design expert for HomeSense.

"How much you display will depend on how big or small your kitchen is. Either way, you need to ask, is this something I will take out to use and then put away because it's not attractive, or something beautiful that I will enjoy seeing all the time?"

Increasingly, manufacturers understand that consumers want appliances to enhance, not detract from, room design, said Robbins Griffith. "We demand a lot from products these days. We want them to function well and be good-looking, so the appliances that do both, scream to be given prime real estate on the counter."

Homeowners, she added, are turning toward brushed and matte metallic finishes, and multi-purpose, feature-rich kitchen tools — even if they come at a higher price.

One easy way to achieve cohesion is to pair countertop appliances or accessory finishes with those of large appliances, suggested Robbins Griffith. Here, then, are three counter-top appliances that may deserve a perch in the contemporary kitchen.

Blender: It's hard to think of a counter-top appliance that's as versatile as a blender — go-to wedding gift, and housewarming present of choice for millennials. Basically, the design — a motor in a box — hasn't changed for a long time.

It's worth noting, then, that **KitchenAid's Torrent blender ($650)** won a coveted "Best of the Best" Red Dot award for ground-breaking product design. Here's why.

The box has become significantly sleeker, and smaller. A magnetized drive locks the pitcher firmly in place, making for a low-profile machine that can slide in and out like a coffee pitcher. Ideal, then, for small spaces, and an efficient use of counter space. Four pre-set programs tackle juice, soups/sauces, milkshakes and icy drinks or smoothies; adjustable speed settings and pulse are also options. A dishwasher-safe cup lets you add extra or forgotten ingredients through the top of the machine.

Countertop oven: Why do singletons, young families and empty-nesters all buy countertop ovens? Because they're both an energy efficient way to cook in small batches, and useful at delivering extra capacity when preparing a feast for a crowd. Day to day, kids can use them easily and safely to bake pizzas, toast bagels and warm leftovers.

Breville's Smart Oven Pro ($370) has a relatively large cavity — big enough for a 12-by-12-inch baking pan. There are several pre-programmed settings but among the most useful will be the slow cook function, which can simmer from four to 10 hours. A keep-warm function keeps pre-made dishes warm: useful for parties.

If cooking isn't your thing, but coffee is, you could hand the space over to **Wio Breville's Barista Express espresso maker ($800)**. It's got several features, such as cup-warming tray, hot water outlet for making Americanos.

Electric spiralizer: Yes, it's new, so the spiralizer could, like many gee-whiz-isn't-that-amazing appliances, come in with a bang and leave with a whimper (remember juicers?).

But there are lots of reasons to consider incorporating one into your kitchen, especially if you want to bump up your vegetable consumption. Spiralizers turn firm fruits and vegetables into long, noodle-like strands.

Hamilton Beach's two-speed, 3-in-1 spiralizer ($50) has a very small footprint and comes with a spiral cutter and grater blade. So, for example, zucchini can stand in for pasta, beets can be made into skinny spirals for salad, while carrots can be grated for slaw.

Just between us — there's also a ribbon cutter, which you can use on cheat days to make home-made potato chips.

A toaster in a hot hue also functions as a colourfull accessory.
HOMESENSE

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SEASONS

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metro HOME

Your essential daily news

Pluck ripe veggies like zucchini when they're smaller to encourage more growth on the plant

MEET THE CONDO

Luxurious living in Granville

CONTRIBUTED

Project overview

The Leveson is an exquisite community setting a new standard for luxurious west coast living in the heart of Granville. Conveniently located in South Vancouver, residents are within prime proximity of everything needed to live and enjoy their home.

Housing amenities

The development has a West-Coast inspired aesthetic by renowned interior designer Cristina Oberti. High quality and durable Kenwood engineered hardwood floors, expansive windows, Energy Star whirlpool front load washer/dryer, air-conditioning, and chef-worthy kitchens.

Location and transit

Granville Street is a major connection point between South Vancouver and downtown, with easy access to the Canada Line or a quick drive to reach the core of the city. Commuters can enjoy the frequency of bus trips as well.

In the neighbourhood

Kerrisdale is five minutes away, alongside shopping at Oakridge Centre. South Granville is also a prestigious hub of Vancouver's finest dining, theatre and art galleries. Explore southland's riding club and McCleery golf course, or enjoy a walk by the ocean.

NEED TO KNOW

What: Leveson House
Developer: Coromandel Properties
Location: South Granville
Size: From 521 square feet to 1,362 square feet, remaining penthouse 804 square feet
Model: Up to three bedrooms, remaining penthouse one bedroom
Pricing: Starting in the $700,000s
Occupancy: Fall/Winter 2017
Sales centre: Presentation Centre Now Closed, Development at Granville and West 62nd
Phone: 604-880-8312
Website: LevesonLiving.com

Benches like this one help keep a mudroom organized and offer space for putting on or taking off shoes. HANDOUT

DECOR

The making of a good-looking mudroom

Mudrooms have been a staple of large houses, especially in climates with plenty of rain and snow. But increasingly, a mudroom has become a design essential even for apartment dwellers and those with small homes.

"Just like the kitchen has become so central to how everybody uses their home and lives their lives, a mudroom has become an expectation," says designer Vern Yip, also an HGTV host. Interior designer Bennett Leifer agrees, and often helps clients in New York City apartments create a proper mudroom.

Some tips for designing a functional, durable and even stylish mudroom, even in the smallest of homes:

Analyze how you use the space

Think about how your family uses the space, says Yip, and be honest about how much clutter you're likely to create. People often want to see themselves as neater than they are, which leads them to create a mudroom entrance that is soon chaotic.

Will everyone take their shoes off there each day, for instance, or only when they're wet or muddy?

"We run an Asian household," Yip says. "Take off your shoes when you come in the door."

So his mudroom includes ample shoe storage, plus a spot to sit while putting shoes on.

Your best drop zone

The mudroom is your daily "drop zone," says designer Sarah Fishburne, director of trend and design for The Home Depot. So choose the mix of closed storage, hooks, shelves and countertops that serves your needs. Custom, built-in storage is popular in mudrooms, but there are also many units available in a range of styles and prices.

Lighting

Mudrooms should be lit like kitchens, with plenty of overhead and task light, Fishburne says. This may be the first place a skinned knee gets attention, or the last place searched at night for a missing textbook.

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Pumpkin decor done three ways

Greet guests with a cheerful stenciled pumpkin, or turn mini-gourds into vases and candle holders. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

DIY

Unconventional ideas are great for Halloween and beyond

Pumpkins are a classic way to decorate for autumn. Whether grouped on a table or placed on your doorstep, they instantly add a touch of the season.

Instead of sticking with the typical orange or white colour scheme, why not add some colour? Experiment with a palette that's fresh, possibly a little unexpected but still feels like fall.

A quick trip to the grocery store and you can fill your shopping basket with almost everything you need to decorate your table and your doorstep; from fresh flowers in pumpkin vases to the warm glow of mini pumpkin tea lights — and don't forget a cheerful welcome at the door.

We used new paint colours from the Michael Penney Designer Collection to make traditional mini gourds look contemporary. The shades of Fusion Mineral Paint we used included Coral, Mustard, Azure, Brook, Park Bench, Putty and Lichen.

1 Painted pumpkins

Greet guests at the door with cheerful painted pumpkins. Stencil a friendly "hello" or your house number to set the tone of what's to come inside. Don't want to commit to a live fall arrangement? A stack of pumpkins in a planter on your doorstep is a great way to bridge the seasons without breaking the bank.

You'll need:
- Large pumpkins
- Stick-on vinyl letters/numbers (widely available at craft stores)
- Acrylic paint
- Paintbrush
- Acrylic coating spray (optional)

Apply vinyl stickers to a pumpkin to spell out a message or a house number (in our case, 11). Add a coat of paint, remove the stickers while paint is wet and then let the paint dry completely.

If you've still got time to spare once the paint is dry, consider applying a coat of acrylic sealer to protect the paint from wet weather. Your pumpkins will last that much longer.

2 Tablescapes

There is something about the sight of a mini pumpkin that just makes you want to see more. Add a pop of colour and pretty flowers to a small pumpkin to instantly up the charm quotient.

A centrepiece doesn't have to be a single object. Paint enough pumpkins to loosely run along the centre of the table. Add in some candles and fill in any empty spaces with some mini gourds.

The beauty of this arrangement is not only the fresh colour scheme and pretty flowers. Keeping the table decor simple allows ample space for wine glasses and food and the lower profile lets guests chat without having to dodge an oversized centrepiece.

You'll need:
- Mini pumpkins
- Sharp knife
- Spoon for seed scooping
- Acrylic paint
- Paintbrush
- Water
- Flowers

Using a knife, carve out the stem of the pumpkin. Scoop out the stem and seeds.

Carve out enough space at the top of the pumpkin to allow a small shot glass or other glass vessel to fit inside the pumpkin. This will act as the vase, holding water to keep the flowers fresh.

Apply a coat of paint to the pumpkin. Let dry completely.

Fill the glass with water. Add a small handful of flowers to the glass and place inside the pumpkin.

3 Add some candlelight

Carve some rustic candle holders out of mini painted pumpkins and pop in some tea lights to add a whimsical glow to your tabletop. Then, scatter them along the table. If you'd prefer the candles to be hidden, simply remove the stem and scoop out the flesh and set the candles inside to add a luminous glow to the table.

You'll need:
- Mini pumpkins
- Sharp knife
- Acrylic paint
- Paintbrush
- Tealights

Using a knife, carefully carve out the stem of the pumpkin. Ensure that the area carved is large enough to hold a tealight. Gently push the stem inside the pumpkin, deep enough for the tea light to sit comfortably. Apply a coat of paint to the pumpkin. Let dry completely. Place a tea light inside the carved space.

TORSTAR NEWS SERVICE

metro SPORTS

Ronda Rousey will return to the UFC on Dec. 30 in Las Vegas, fighting Amanda Nunes for the bantamweight title

NHL BATTLE OF ALBERTA OPENS ROGERS PLACE New Oilers winger Milan Lucic and the Flames' Deryk Engelland let their fists fly during the first regular-season game at Edmonton's Rogers Place on Wednesday night. Go to metronews.ca for the story. JASON FRANSON/THE CANADIAN PRESS

Matthews' 4-goal debut one for ages

NHL

No. 1-overall draft pick backs up the buzz

Maple Leafs centre Auston Matthews celebrates one of his four goals on Wednesday night. SEAN KILPATRICK/THE CANADIAN PRESS

Just one game into his NHL career and Auston Matthews has already made his mark.

The No. 1-overall pick in the 2016 draft became the first player in NHL history to score four goals in his regular-season debut as his Toronto Maple Leafs fell to the Ottawa Senators 5-4 in overtime on Wednesday night in the season opener for both teams.

"It was pretty surreal, I couldn't believe it," said Matthews, who had no idea he had made history with his performance.

Maple Leafs head coach Mike Babcock, who has been with Toronto for a season, was impressed by Matthews' performance. Although the Maple Leafs took the loss, he sees a lot of potential in his young team.

"For me, from my perspective, since I've been a Leafs coach that's the best night we've had since I've been here by 10 miles, not even close," said Babcock. "Now we have an opportunity."

Just as impressive was Matthews taking responsibility for Senators forward Kyle Turris scoring the overtime winner.

"That last play was 100 per cent my fault," said Matthews. "We came here to win and we didn't get that done."

It's that mentality that makes the rookie all the more impressive to his coaches and teammates.

"He's a man," said Babcock. "He's 19 years old, but he acts like he's 27. He's got good maturity.

"He's a good player. When you see that second goal he scored not many guys can do that."

Fellow Toronto rookie William Nylander benefited the most from Matthews' performance, earning two assists, while Frederik Andersen stopped 25 shots for the Leafs (0-0-1).

Bobby Ryan, Erik Karlsson, Derrick Brassard and Turris, with two goals, scored for the Senators (1-0-0). Craig Anderson made 34 saves.

Anderson won't soon forget the evening as he will forever be tied to Matthews in the history books.

"I'll be remembered for one thing for a long, long time in Toronto," said Anderson. "I didn't know (the four goals are a record) but I do now.

"He's good. It's one of those things he had a great night as an individual, but as a group we found a way to win. Hats off to him, he was an outstanding player (Wednesday)."

THE CANADIAN PRESS

WEDNESDAY In Ottawa

5	4
SENATORS	LEAFS

NHL

Blues start season on a winning note

St. Louis Blues coach Ken Hitchcock got what he needed from his top players, and that was more than enough on opening night.

Vladimir Tarasenko had two goals and an assist, and the Blues kicked off the season with a solid 5-2 victory over the Chicago Blackhawks on Wednesday.

"The guys that have been around did a number today," Hitchcock said. "The guys that have been here before and know what it's like to play in this building, know what it's like to play against Chicago, they played really well today."

Kevin Shattenkirk and Paul Stastny each had a goal and two assists for the Blues, who eliminated the Blackhawks in seven games in the first round of the playoffs in April. Scottie Upshall scored into an empty net and Jake Allen had 17 saves in his first game since he was handed the lead goaltending job with Brian Elliott's June trade to Calgary.

Richard Panik and Ryan Hartman scored for Chicago. Corey Crawford finished with 29 saves.

THE CANADIAN PRESS

WEDNESDAY In Chicago

5	2
BLUES	HAWKS

COURT

Mistrial declined in Rose rape case

Lawyers for a woman accusing NBA star Derrick Rose and two of his friends of rape failed to disclose text messages to the defence, but the lapse was not significant enough to throw out the case or declare a mistrial, a judge ruled Wednesday.

Lawyers for Rose had argued that the plaintiff's lawyers purposely withheld three texts until the woman was done testifying so the defence couldn't question her about messages that showed the night in question had been planned for sex and that she was talking the next day about being reimbursed for cab fare and not accusing anyone of rape.

> **"It looked like a setup. It turned out to be what I thought."**
> Derrick Rose

The 30-year-old woman filed the $21.5 million lawsuit two years after the August 2013 incident, claiming Rose and his friends raped her at her apartment while she was incapacitated from drinking and, possibly, drugs. THE ASSOCIATED PRESS

IN BRIEF

Pelicans' Davis leaves game with ankle sprain

New Orleans Pelicans forward Anthony Davis left Wednesday's pre-season game against the Houston Rockets after suffering what the team called a right ankle sprain.

Davis fell to the court in the first quarter of the game in Beijing, the last of the NBA's two exhibitions in China. He re-entered the game briefly but soon walked to the locker-room. He did not return.

THE ASSOCIATED PRESS

Gretzky takes front-office job with the Oilers

Wayne Gretzky led the Edmonton Oilers to four Stanley Cups on the ice. Now he has the chance to help lead them to more glory from the front office.

The Great One has been named partner and vice-chairman of Oilers Entertainment Group. The Oilers made the announcement Wednesday at an unveiling of the iconic Gretzky statue at the team's new arena, Rogers Place. THE CANADIAN PRESS

Jays rotation rolls on into Cleveland

MLB PLAYOFFS

Toronto starters pose stiff challenge in ALCS

When it comes to Toronto's starting rotation, it's an embarrassment of riches for Blue Jays manager John Gibbons.

Proven playoff performer Marco Estrada will start the opener of the American League Championship Series on Friday in Cleveland. The rest of the rotation includes 20-game winner J.A. Happ, league earned-run average leader Aaron Sanchez and wild-card winner Marcus Stroman.

That's one of the deepest four-man crews in the majors and gives Toronto an edge over the Indians, who are missing starters Carlos Carrasco and Danny Salazar due to injury.

The off-days that came after Toronto needed only three games to win the AL Division Series has allowed the Blue Jays to set their rotation as they wish rather than be forced into maintaining a regular routine.

Stroman has had the most rest and will be a good bet to go in Game 2 on Saturday.

Estrada, meanwhile, was dominant in a 10-1 rout of Texas in the ALDS opener last week. His change-up regularly handcuffed the Rangers throughout the 8-1/3-inning performance.

"All I know is you look back at the last couple years at how good Marco has been for us in big games for us," Gibbons said. "Playoff games and two straight years of regular-season games. And he's one guy too that probably needs more than anybody to keep on a (schedule that's as) close to normal as possible."

The Blue Jays have some options to consider before setting their ALCS roster. Once the status of Francisco Liriano is firmed up, they'll likely be in a position to make some decisions.

Liriano suffered a concussion last week but said Tuesday he feels much better and is hopeful to be ready for the ALCS. He has to complete Major League Baseball's seven-day concussion protocol and could return as early as Saturday.

Liriano was strong down the stretch and would give the Blue Jays another left-handed option out of the bullpen. He could also be used in a short or long relief spots as needed.

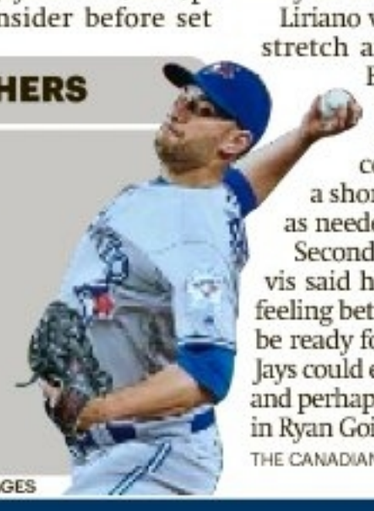
Second baseman Devon Travis said his sore right knee is feeling better and he expects to be ready for Game 1. The Blue Jays could elect to drop a pitcher and perhaps add a backup player in Ryan Goins or Dalton Pompey.

THE CANADIAN PRESS

GAME 1 STARTING PITCHERS

Corey Kluber		Marco Estrada
215	IP	176
32	GS	29
18-9	W-L	9-9
3.14	ERA	3.48
1.06	WHIP	1.12
227	SO	165

**2016 regular-season statistics



GETTY IMAGES

BOXING

'Medically unfit' Fury vacates title

Tyson Fury has vacated his WBO and WBA world heavyweight boxing titles to concentrate on his treatment and recovery from drug use and other personal issues.

Fury's promoters released a statement early Thursday confirming the decision. It comes in the wake of his second withdrawal from a rematch with Wladimir Klitschko after being declared "medically unfit" by his team and following his admitted bingeing on cocaine and alcohol.

"I'm unable to defend at this time and I have taken the hard and emotional decision to now officially vacate my treasured world titles and wish the next in-line contenders all the very best as I now enter another big challenge in my life which I know, like against Klitschko, I will conquer," the British boxer said in a statement. THE ASSOCIATED PRESS

IN BRIEF

CFL fines Eskimos for not wearing microphones

The Edmonton Eskimos were fined $20,000 and head coach Jason Maas was fined $15,000 for refusing to wear live microphones during a game in Montreal, the Canadian Football League announced Wednesday.

Maas and quarterback Mike Reilly were mandated to wear the microphones but refused to put them on.

THE CANADIAN PRESS

Newton returns to Panthers' practice

Carolina Panthers quarterback Cam Newton returned to practice Wednesday, although it remains unclear if the league's MVP will play Sunday against the New Orleans Saints.

Newton took reps with the first-team offence after missing Monday night's game against Tampa Bay with a concussion.

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RECIPE Shrimp and Orzo Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Turning to a one-pot dinner may feel like a ho-hum weeknight move but this recipe with its zesty flavours and juicy textures is a party on your plate.

Ready in 40 minutes
Prep time: 15 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, deveined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions
1. In a large skillet, sautée onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute
2. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.
3. Now add the orzo and allow everything to simmer for 15 minutes.
4. Add your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque.
5. Sprinkle basil and feta over top and serve.

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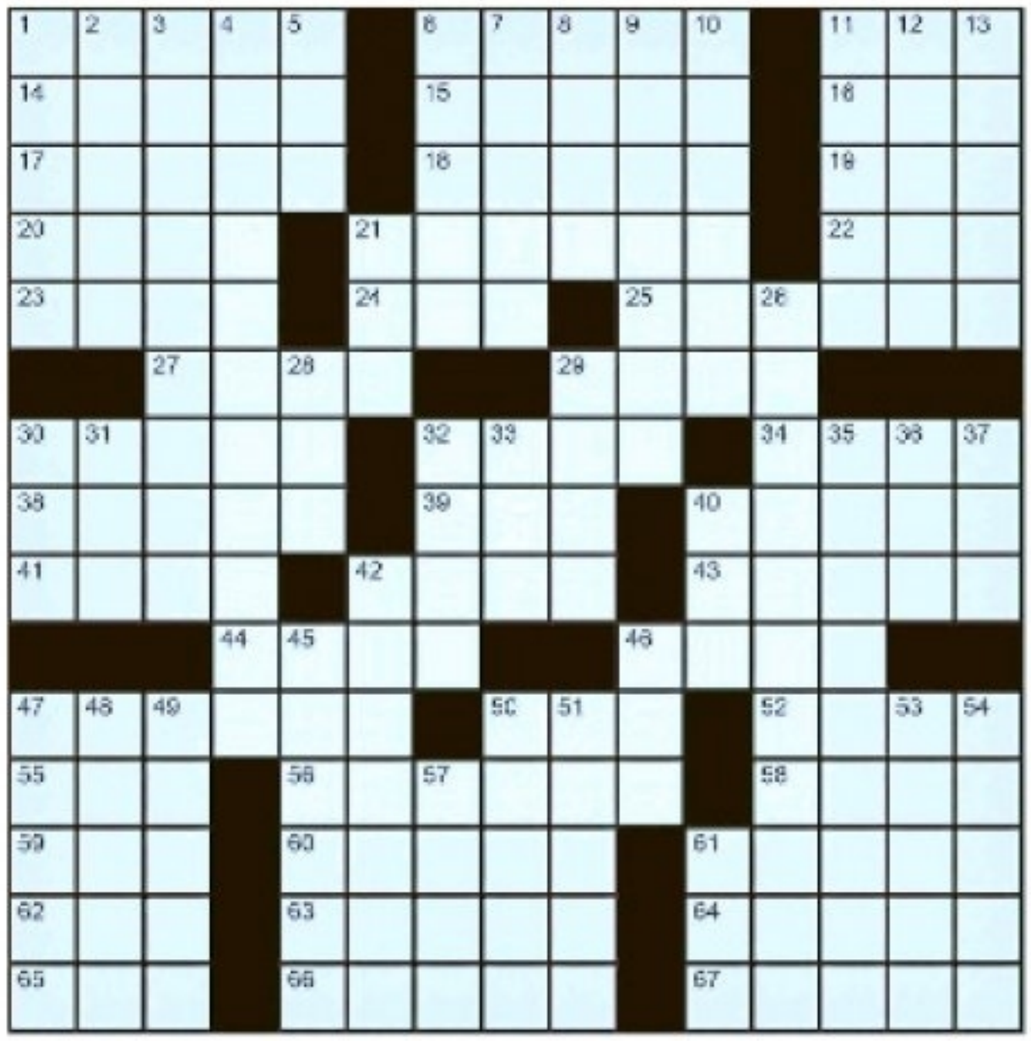
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Produce selection, Swiss _
6. Bivouacs
11. Fruit drink
14. More abundant
15. Expect
16. And not
17. _-fartsy
18. 1970: "Band of Gold" by Freda _
19. Mr. Hamm
20. Shoes insertees
21. Typos
22. Alternatives
23. Region [abbr.]
24. Pot's top
25. Correct, as a TV's blurriness
27. Fluffy hand-warming winter accessory
29. MasterCard rival
30. Rapidly
32. "_ Miner's Daughter" (1980)
34. Store
38. Ms. Midler
39. Possess
40. Where Nairobi is the capital city
41. Honolulu's home
42. Yarn
43. "So what else _ _?" (Besides that, anything else going on?)
44. Origin
46. Tardy
47. Article or thing
50. "Right you _!"
52. "Whoops!": 2 wds.
55. Backwards
56. Poet's set of three lines
58. But, in Spanish
59. Amy _, The Joy Luck Club author
60. Aids, usually illegally
61. _ Tower (Office building in Edmonton)
62. '60s songstress, Little _
63. Appraise
64. Beatles style of jacket
65. Refusals
66. "The Prince of _" (1998)
67. Cream-filled Nabisco cookies

DOWN
1. Basketry, for example
2. New employee
3. Apocalyptic thriller airing on Space which stars the real life couple at #26-Down and #35-Down
4. Make big changes to the corporation
5. Juiceless
6. Calf-length pant
7. Trophy
8. Ms. Angelou
9. Northern _ (Migratory duck)
10. Lieus
11. Variety of pear
12. Gateways
13. Surrealist artist Max
21. Gremlin
26. As per #3-Down... Canadian actor whose credits include "Mercy" and "Me and Orson Welles" (2008): 2 wds.
28. Charge
29. Barn topper
30. Blood-typing letters
31. Stew bit
32. Parka, for one
33. Night flapper
35. As per #3-Down... American actress whose credits include "Volcano" (1997) and "Men in Trees": 2 wds.
36. _ bread
37. Shooting marble
40. Certain car company
42. One's great for carrying books: 2 wds.
45. Singing span
46. Permit
47. A great deal
48. Appreciation for the tenor!
49. Nick, Joe or Kevin
50. Misbehave: 2 wds.
51. Change the settings back
53. _ Munroe/Storm (Marvel Comics heroine)
54. Ancient Egyptian falcon-headed god
57. Count on
61. Rock producer Brian

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be diplomatic when talking to others today, because arguments with authority figures, partners or close friends might arise. Anger will only hinder your progress in achieving what you want to do.

Taurus April 21 - May 21
Difficulties with co-workers are likely today. Refrain from being too opinionated. Remember to listen to the input from others before your state your own case.

Gemini May 22 - June 21
Romantic squabbles are likely based on your own ego and your tendency to cling to their own ideas and way of looking at things. Try to see the other person's point of view as well.

Cancer June 22 - July 23
Tension at home is likely today. This might be related to home repairs that you are tackling or big ideas that you are now starting to entertain regarding real-estate opportunities. Easy does it.

Leo July 24 - Aug. 23
You are quick to anger today because you are impatient. But will this help anything? It's doubtful that it will help anyone. Anger only makes things worse.

Virgo Aug. 24 - Sept. 23
Money squabbles might take place today. These will be anti-productive. Keep in mind that you have excellent money-making ideas to consider during the next 12 months.

Libra Sept. 24 - Oct. 23
Because you might be touchy and irritable today, communications with others will be dicey. Guard against accident-prone behavior due to your own impatience. Chill out.

Scorpio Oct. 24 - Nov. 22
Your mind is quite aggressive today, which is why you might be impatient with others. However, you can use this same mental energy to do excellent research. .

Sagittarius Nov. 23 - Dec. 21
Discussions with a friend or a member of a group will be challenging today. Everyone is opinionated! Everyone thinks they are right!

Capricorn Dec. 22 - Jan. 20
Do not challenge bosses, parents and VIPs today, because this will get you nowhere. Don't burn any bridges. Remember to be polite and courteous.

Aquarius Jan. 21 - Feb. 19
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly disintegrate into a nasty argument. Who needs this? Not you.

Pisces
Feb. 20 - March 20
Disputes about shared property and inheritances might arise today, which is why this is a poor day for these kinds of discussions. Wait until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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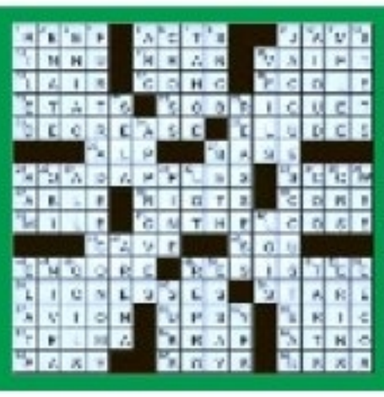

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